

# SFBTA

Solution-Focused Brief Therapy Association

2017

## Annual Conference Program

Santa Fe, NM



November 8 - 11

# Solution-Focused Brief Therapy Association Annual Conference

November 8-11, 2017      Santa Fe, New Mexico

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## SFBTA Conference 2017: Program At-a-Glance

<b>Time</b>	<b>Activities/Events</b>	<b>Location</b>
<b>Wednesday, November 8, 2017</b>		
8:00am-9:00am	Registration and Refreshments	Mezzanine
9:00am to 4:30pm	Training of Trainers: Day 1	New Mexico Room
<b>Thursday, November 9, 2017</b>		
8:00am-9:00am	<b>Registration and Refreshments</b>	<b>Mezzanine</b>
9:00am-4:30pm	Training of Trainers: Day 2	New Mexico Room
9:00am-4:30pm	SFBT 101	Exchange Room
9:00am-4:30pm	Solution-Focused Alternatives for Education	Santa Fe Room
9:00am-4:30pm	Research Day	La Terrazzo
5:00pm-7:00pm	Meet & Greet	Mezzanine
<b>Friday, November 10, 2017</b>		
7:00am-7:45am	Yoga & Stretch with Mark	Ballroom A
7:30am-8:30am	<b>Registration and Refreshments</b>	<b>Mezzanine</b>
8:30am-9:00am	Welcoming Remarks and Orientation	Ballroom North
9:00am-10:15am	<b>Opening Plenary</b>	<b>Ballroom North</b>
10:15am-10:45am	<b>Break and Refreshments</b>	<b>Mezzanine</b>
<b>Concurrent 1</b> 10:45am-12:00pm	Before Best Hopes, and Beyond Miracles: Three Different Questions, or...Only One	Ballroom North
	Solution Focused Resilience: Strengthening What You Already Do	Ballroom South
	For traditional men, SFBT fits like a glove – a work glove	Stiha Room
	Staying Solution Focused within a Medical Model	New Mexico Room
	Beyond Therapy: Taking SFBT to the Corporate World	Santa Fe Room
	Exceptions: Highlighting Difference Where It Counts	Exchange Room
12:00pm-1:30pm	Lunch: On Your Own	

Friday, November 10, 2017		
<b>Concurrent 2</b> 1:30pm-2:45pm	Microanalysis of Opportunities: Making Intervention Choices	Ballroom North
	Solution-Focused Coaching with Executive Leaders – from the Donald to the Dalai Lama	Ballroom South
	When the System is the Client	Stiha Room
	Work with Children All Over the World	New Mexico Room
	Solution-Focused Team Building: Across Diverse Contexts	Santa Fe Room
	The Delicate Process and Relational Style of Solution Focused Brief Therapy: Ericksonian Hypnotherapy Resemblances in SFBT	Exchange Room
<b>2:45pm-3:15pm</b>	<b>Break and Refreshments</b>	<b>Mezzanine</b>
<b>Concurrent 3</b> 3:15pm-4:30pm	If it was easy to change, I would have already done it!!!	Ballroom North
	What works in learning SFBT	Ballroom South
	Responding to A Cry for Help	Stiha Room
	Working Well with Colleagues: A Solution-Focused Approach to Collaborative Conversation Leadership	New Mexico Room
	Drawing on the Strength of Families to Support Recovery	Santa Fe Room
	Writing as an End-of-Session Practice A Dialogical Twist	Exchange Room
<b>4:45pm-5:30pm</b>	<b>SFBTA Members Meeting</b>	<b>Ballroom South</b>
5:30pm-7:00pm	Poster Presentations/Wine and Cheese	Mezzanine
7:00pm-8:30pm	SFBTA Annual Banquet and Awards	Ballroom North
8:30 pm-10:00 pm	Contra Dancing, Santa Fe Style	La Terrazzo

Saturday, November 10, 2017		
7:00am-7:45am	Yoga & Stretch with Mark	Ballroom North
7:45am-9:00am	Registration and Refreshments	Mezzanine
<b>Concurrent 4</b> 9:00am-10:15am	The High-Performance working team! Solution Focused Workplace	Ballroom North
	Using the Miracle Question to "Break on Through to the Other Side"	Ballroom South
	Solution-Focused Approach to Medical Family Therapy	Stiha Room
	You, Me, They = We ... Co-constructing Change!	New Mexico Room
	Computerized Solution-Focused Self- Help Program	Santa Fe Room
	Applying SFBT Skills in Nutrition	Exchange Room
10:15am-10:45am	Break and Refreshments	Mezzanine
<b>Concurrent 5</b> 10:45am-12:00pm	Veterans: What Works	Ballroom North
	Using Microanalysis to Improve, Teach, and Supervise SFBT Skills	Ballroom South
	The Process of Highly Effective Coaching: A solution-focused framework	Stiha Room
	Solution Focused Brief Therapy in a Pastoral Context	New Mexico Room
	How Solution-Focused Skills Create a Trauma-Informed Environment	Santa Fe Room
	Effectiveness of SFBT for Couples raising ASD Children	Exchange Room
12:00pm-1:30pm	Lunch: On Your Own	
<b>Concurrent 6</b> 1:30pm-2:45pm	Solution-Focused Model with LGBTQ Youth and Adolescents	Ballroom North
	Telling stories and co-constructing difference. The art of storytelling in SFBT	Ballroom South
	Silence, Absence, and Presence in Solution Focused Work	Stiha Room
	Hope-Focused Solutions: A Relational Hope Focus of the Solution-Building Stages in Solution-Focused Brief Therapy	New Mexico Room
	Find the fun and snap - Introduce SF with ease to your audience	Santa Fe Room
	Developing an Action Plan for Professional Development	Exchange Room
2:45pm-3:15pm	Break and Refreshments	Mezzanine
3:15pm-4:30pm	Closing Plenary Panel	Ballroom North

## Pre-Conference Workshops

### Training for Trainers & Supervisors

**Facilitators:** *Heather Fiske and Brenda Zalter-Minden*

Wednesday and Thursday, November 8 & 9      9:00 am-4:30 pm

**Location:** New Mexico Room

This two-day workshop is intended for those who have completed basic training in SFBT, who are utilizing the approach in their own practices and who want to build their skills for teaching the model to others. We will also explore the application of the model in supervision. There will be a combination of presentation, demonstration, discussion, and practice.

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### Solution-focused Brief Therapy in Schools

**Facilitator:** *Cynthia Franklin*

Thursday, November 9      9:00 am – 4:30 pm

**Location:** Santa Fe Room

Solution-focused brief therapy is a strengths-oriented and resource-focused approach to counseling backed by research that shows that it is a useful approach for reducing behavioral and emotional problems and increasing academic achievement in school settings. This workshop describes solution-focused brief therapy and illustrates ways that counselors, social workers, and teachers can use this approach. Specific solution-focused techniques are demonstrated through video, experiential exercises, and case materials. How to use SFBT in Tier one and team approaches are also discussed.

## Pre-Conference Workshops, Continued

### Solution-Focused Brief Practice 101

**Facilitators:** *Joel Simon and Monica Rotner*

Thursday November 9<sup>th</sup>                      9:00 am - 4:30 pm

**Location:** Exchange Room

Since our second conference in 2004, SFBTA has offered an introductory workshop for those who have had little or no prior solution-focused experience and who want to learn the philosophy, assumptions, and practice of this approach so that they can better enjoy the conference. You can expect a mix of presentation, sample videos, experiential exercises, and discussion on both clinical and management applications.

Joel is an experienced solution-focused brief therapy clinician, trainer, and author. Monica brings experience in applying solution-focused principles to organizational development and management.

Participants can expect a mix of presentation, sample videos, experiential exercises, and discussion on both clinical and management applications.

1. Participants will name the 7 tools of solution-building
2. Participants will name the 3 basic rules of solution-building
3. Participants will list the 5 elements of the “thinking break”

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### Research Day     *Practitioner-Researcher Collaboration*

**Facilitators:** *Stephen Langer, Brie Turns, Johnny Kim, Mo Yee Lee, and members of the Research Committee*

**Thursday November 9<sup>th</sup>, 2017                      1:30 pm - 4 :30 pm**

**Location:** La Terrazzo Room

This half-day workshop/collaboration focuses on SFBT research that is being done around the world. This year’s workshop highlights the Practitioner-Researcher Collaboration and includes the Research Award Winner presentation, SFBT Evidence-Based updates, and a panel focusing on How Your Practice Can Impact Solution-Focused Research.

## Other Conference Events

### **SFBTA Members Meeting**                      **4:45pm-5:30pm**

Friday, November 10, 2017

#### **Location: Ballroom South**

The SFBTA Board of Directors will facilitate a meeting among the SFBTA members. As written in the 2016 SFBTA Bylaws, members include everyone seated on the Board of Directors and everyone in attendance at the annual SFBTA conference (please ask a Board member for more information about the details of membership).

SFBTA President Stephen Langer will present the members with an annual Board report including invitations for members to join SFBTA committees and handing out a survey about association membership.

Two Board of Director positions will be open and will be appointed from an election result. This is the second advisory election as an intermediate step toward the goal of directly electing Directors of the Association. (please ask a Board member for more information about the detail of Board elections and terms). If you are interested in the governance of the Solution Focused Brief Therapy Association, please plan to attend this members' meetings. Nominations will be taken from the attendees present at the meeting and nominees must be in attendance to stand for election.

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### **Poster Session and Wine and Cheese Reception**

**5:30 pm -7:00 pm**

#### **Location: Mezzanine**

Enjoy refreshments at the Cash Bar while you discover the rich work being done around the world. These posters represent innovative programs and cutting-edge research. Connect with colleagues to learn how you can expand your awareness and application of SFBT.

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### **SFBTA Annual Banquet & Awards.....AND Contra Dancing!**

**7:00 pm -10:00 pm**

#### **Location: Ballroom North**

Enjoy good food and meet new and old friends, as SFBTA acknowledges research efforts, student achievements and contributions to the field of solution focused practice. Then it's time for Contra Dancing, Santa Fe style!



Opening Plenary

Ballroom North

**Solution-Focused Alternatives for Education: Innovations and Evidence**

Cynthia Franklin

Friday, November 10

9:00 am – 10:15 am



SFBT is successfully practiced in schools with a growing evidence base that shows it is an effective intervention. This presentation traces the development of SFBT as a school-based intervention and its progressive development in practice and research within an alternative education program for high risk youths. How SFBT is used in teacher training within an alternative education program is further illustrated.

**Concurrent Session #1**

**Friday November 10, 2017**

**10:45 am - 12:00 pm**

**Before Best Hopes, and Beyond Miracles: Three Different Questions, or...Only One**

*Plamen Panayotov*

**Location: Ballroom North**

In this workshop both the obvious differences and the usually overlooked and unseen similarities among three basic solutions-searching tools – the Miracle Question, the Best Hopes Question, and the Questioning for Useful Questions – will be explored in a simulated session with a volunteer client and the active participation of all present.

- 1) Participants will be able to discover the similarities among some basic and seemingly quite different solutions-building therapeutic tools.
- 2) Participants will be able to distinguish between process and content changes in therapeutic dialogues.
- 3) Participants will be able to see both traditional SFBT and its present-day branches not as final states of therapeutic art, but as steps on the road of a therapeutic evolution.

## **Solution Focused Resilience: Strengthening What You Already Do**

*Ellen Quick*

### **Location: Ballroom South**

People bounce back from adversity. They've done so before, and if there's a rough patch, they're probably doing it right now, even if they don't yet realize it. In this workshop, we'll explore how solution focused practice taps and amplifies resilience that's already present.

- 1) Participants will be able to Invite clients to notice what they already do in the presence of discomfort.
- 2) Participants will be able to use "how did you get here today?" inquiry.
- 3) Participants will be able to elicit future scenarios where "the hardest part is behind you."
- 4) Participants will be able to Describe how therapists can tap their own resilience during difficult sessions.

## **For Traditional Men, SFBT Fits Like a Glove – A Work Glove**

*Brigitte Lovoie*

### **Location: Stiha Room**

Men do not seek help as often as women, not because they suffer less, but because the requirements of masculinity are often at odds with the way services are offered. This workshop will demonstrate how SFBT can help us bridge the gap between services and the traits of traditional masculinity.

- 1) Participants will be able to explain why it is important to adapt services for men and boys who subscribe to a traditional definition of masculinity.
- 2) Participants will be able to identify ways to bring a solution focused approach to how they offer services and not just within the session.
- 3) Using their knowledge about work with boys and men, participants will identify strategies or messages to help decision-makers in their organizations see the importance of solution-focused work.

## **Staying Solution Focused Within a Medical Model** *Kestral Hanson Neathaw and Marja Dansie*

### **Location: New Mexico Room**

This presentation will focus on utilizing SFBT within an integrated care system where the medical model culture meets a solution focused approach. We will navigate the cultural differences between the provider, patient, and SFBT while working within the medical model.

- 1) Participants will gain knowledge about integrated care.
- 2) Participants will hone skills of shifting from problem focused to solution focused with the referral source as well as the patient/client.
- 3) Participants will increase tools to stay solution focused even within the structure of a problem focused system.

## **Beyond Therapy: Taking SFBT to the Corporate World** *Patricia Casamo*

### **Location: Santa Fe Room**

SFBT offers perspectives and tools for transformative change that go beyond the consulting room. In this interactive workshop, I will present useful strategies from my 3 decades as a solution focused change agent within corporate and private practice, including EAP, crisis intervention, employee productivity and satisfaction, and health and well-being.

- 1) Participants will learn the key framework of EAP Consultative Services interfacing with SFBT.
- 2) Participants will utilize SFBT intervention techniques in a variety of clinical, coaching and consultative areas.
- 3) Participants will identify key interventions for teams and leaders, that turn around the trajectory of complex issues from problems to solutions.
- 4) Participants will experience group and role-playing exercises modeling mindfulness, and reflection to enhance SFBT tenets.
- 5) Participants will be shown effective ways to engage their workplace through dynamic presentations and workshops using SFBT skills.

## **Exceptions: Highlighting Difference Where It Counts** *Samira Garcia*

### **Location: Exchange Room**

Through the use of clinical /supervision examples I will discuss my understanding of effectively seeking exceptions. I will discuss logical errors that may hinder the search of exceptions, and different types of exceptions. Effective exceptions are relevant to clients' understanding of their problems, and promote hope, expectancy, and personal agency.

- 1) Participants will learn the philosophical assumptions behind the use of exceptions in Solution-focused brief therapy.
- 2) Participants will be able to recognize logical errors that may produce ineffective exceptions in their clinical practice and supervision.
- 3) Participants will explore how to construct relevant and effective exceptions with clients.
- 4) Participant will contribute to and promote an ongoing conversation about the creative and effective use of exceptions.

**Microanalysis of Opportunities: Making Intervention Choices**     *Joel Simon*

**Location: Ballroom North**

As solution-focused clinicians, we have to decide moment by moment what to respond to, how to respond, and why. This workshop examines how and why those decisions are made.

- 1) Participants will state the definition of the following terms: utterance, opportunity, solution-building, key words.
- 2) Participants will demonstrate the ability to extract opportunities from each video utterance example.
- 3) Participants will demonstrate the ability to select a preferred opportunity and to give a solution-building rationale for the choice.
- 4) Participants will demonstrate the ability to select an intervention using a solution-building rationale.

**Solution-Focused Coaching with Executive Leaders – from the Donald to the Dalai Lama**

*Frank Thomas and Mark Mitchell*

**Location: Ballroom South**

This interactive workshop will examine SF coaching with executives in nonprofit settings, for-profit enterprises, family businesses, and entrepreneurial start-ups. We will focus on how the SF coach gains credibility within the organization, leverages that credibility to create influence with leaders, and generates ideas for change in each of the settings.

- 1) Participants will learn how to establish strategic credibility with the executive and the organization.
- 2) Participants will practice being an active SF coach & host.
- 3) Participants will be able to identify and avoid coaching errors frequently made with executive leaders.
- 4) Participants will create an action plan for the SF coach to take into the next business adventure.

## **When the System is the Client**

*Dvora Simon and Rachel Coleman*

### **Location: Stiha Room**

We will present solution focused ways of working within care systems that promote identification with pathological labels, and with clients who have long-standing attachments to these systems. We conceptualize attachment to the pathology label as the "client," and work to elicit and bless evidence of well-being, agency, and competence.

- 1) Participants will be able to identify at least one challenge to implementing solution focused interventions in a pathology-focused setting.
- 2) Participants will be able to name one successful tool for implementing solution focused interventions in a pathology-focused setting.
- 3) Participants will be able to specify at least one tool for working with clients who have had long experience with being reinforced for identifying themselves with pathological labels.

## **Work with Children All Over the World**

*Pamela King*

### **Location: New Mexico Room**

The effectiveness of solution focused work with children and families is demonstrated all over the world. The respectful stance of SFBT of course is also culturally sensitive. Participants and presenter will share strategies with children and families from numerous countries.

- 1) Participants will receive an international list of resources.
- 2) Participants will be able to name and describe child and family programs from 3 countries.
- 3) Participants will be able to name 5 tools for effective therapy with children.
  - a. Future Play-using role play and activities to elicit details of a preferred future.
  - b. Play Scaling-scaling preferred future with toys such as an abacus or pick up sticks.
  - c. Three Houses tool in child protection.
  - d. WOWW Working on What Works in Schools.
  - e. Resource Cards- Children complimenting themselves.

## **Solution-Focused Team Building: Across Diverse Contexts**

*Michael Rolleston, Monica Schroeder, and Tiffany de Leon*

### **Location: Santa Fe Room**

This interactive presentation will explore solution-focused strategies that can be utilized for team building exercises across various contexts. By highlighting the use of these strategies with early childhood educators and higher education administrators, this session will emphasize how a solution-focused approach to team building can help bring groups together.

- 1) Participants will understand the basic theoretical and clinical assumptions of a solution-focused approach.
- 2) Participants will become familiar with how to utilize a solution-focused approach in diverse contexts.
- 3) Participants will learn how to collaborate with groups to co-create useful team building skills.
- 4) Participants will explore ways to utilize various solution-focused strategies to help develop team building tools.

## **The Delicate Process and Relational Style of Solution Focused Brief Therapy:**

### **Ericksonian Hypnotherapy Resemblances in SFBT**

*Annette BoVee-Akyurek*

### **Location: Exchange Room**

This presentation will explore the relational style in facilitation of problems towards solutions in solution focused brief therapy, emphasizing the “delicate process” of attentive observation and language. SFBT and Ericksonian features will be addressed, noting clusters, strength and resilience, bridging and building, and exceptions: essential in training of developing therapists.

- 1) Participants will be able to demonstrate Ericksonian resemblances in SFBT
- 2) Participants will learn the significance and relational quality of heightened sensitivity, the use of models and maps, use of strength, exceptions, and bridging and building in clusters
- 3) Participants will understand the relational and social constructionist quality in the SFBT process necessary in training of developing therapists.

**If it was easy to change I would have already done it!!!"**

**Solution-Focused Approach with the Criminal Offender Population**

*Monica Rotner*

**Location: Ballroom North**

How can solution focused be applied to inspire hope in a population that can be dis-empowered, judged and held prisoner to their personal struggle for change? This workshop will provide participants a "what's worked" in working with the offender population and a live demo on a case that a participant brings.

- 1) Participants will be able to name three solution focused tools and their application to working with the offender population.
- 2) Participants will leave with Solution focused tools for remaining neutral when working with a criminal justice system.
- 3) Participants will experience the development of a solution focused future vision when working with the offender population.

**What Works in Learning SFBT**

*Sara Smock Jordan, with Chris Asikis, Sara Elshershaby, Ben Finlayson, Valerie Handley, Shannon Hansen, Nick Hayes, Alex Lopez, Gary McCrory, Ryan Nies, Stephanie Franklin, Victor Pena, Shelby Sewell*

**Location: Ballroom South**

This workshop will focus on how student learn SFBT. Students from an introduction to SFBT graduate course will share their experiences about learning the model. Role plays and exercises will be demonstrated from the course and student presenters will share their reactions/experiences.

- 1) Participants will learn about what works in SFBT training.
- 2) Participants will get to practice "most useful" SFBT training exercises.
- 3) Participants will get a chance to network with other trainers.

## **Responding to A Cry for Help**

*Sue Young and Sarah Berg*

### **Location: Stiha Room**

This workshop will use a real-case when a teenage girl was being troubled by bullying in school. All the interaction is by email so the entire interaction will be seen, from referral to close, in full.

- 1) Participants will consider how they respond by email in a crisis.
- 2) Participants will hear others respond in different yet valid SF ways to the same case as it unfolds.
- 3) Participants will enjoy a challenging yet rewarding experience!

## **Working Well with Colleagues: A Solution-Focused Approach to Collaborative Conversation Leadership**

*Heather Fiske and Brenda Salter-Minden*

### **Location: New Mexico Room**

Putting two practitioners or trainers in a room together does not guarantee a collaborative working partnership. In this lively interactive workshop, two experienced solution-focused practitioners who have been co-therapists, co-trainers, and co-facilitators in both clinical and organizational contexts will engage you in developing a solution-focused approach to working well together.

- 1) Participants will describe characteristics of working partnerships that work well for them
- 2) Participants will develop and test solution-focused questions to ask themselves and their colleagues in order to promote effective collaborations
- 3) Participants will develop and test solution-focused approaches to meeting collaborative challenges with colleagues.

## **Drawing on the Strength of Families to Support Recovery**

*Brian Serna*

### **Location: Santa Fe Room**

In families who struggle with addiction, traditional approaches have often been pathologized using words like “toxic and enabling”. The idea is that the family and addict must detach to become functional. This workshop will draw on a family’s strength to guide an individual towards lifelong recovery from addiction.

- 1) Participants will Understand the theories and selected research on empowering families to influence the addict.
- 2) Participants will name places of integration between CRAFT and SFBT.
- 3) Participants will identify the difference between enabling and positive reinforcement.



**Writing as an End-of-Session Practice - A Dialogical Twist** *Katharine Ottone and Frank Thomas*

**Location: Exchange Room**

This interactive workshop will offer a SF end-of-session alternative that incorporates writing. We will focus on how the SF therapist emphasizes the preferred future in this end-of-session reflective writing process and highlights how the session will affect the living out of the preferred future.

- 1) Participants will learn how to utilize writing as an effective SF tool.
- 2) Participants will practice incorporating writing as an end of session practice.
- 3) Participants will be able to identify the value of inviting a dialogical closing to each session by getting client perspectives on its value.
- 4) Participants will create multiple versions of writing as an in-session practice that fit within their own SF style.

**Concurrent Session #4**

**Saturday, November 11, 2017**

**9:00 am - 10:15 am**

**The High-Performance Working Team! Solution Focused Workplace** *Monica Rotner*

**Location: Ballroom North**

An interactive opportunity as we play with applications of Solution Focused Tools in building high performance working teams that can implement change and have fun doing it! Explore, through activity, the co-creation of work cultures of curiosity, continuous feedback, and flexibility.

- 1) Participants will be able to name three solution focused tools and their application to a high performance working team.
- 2) Participants will leave with 2-3 team building activities that they can facilitate with a solution focused twist.
- 3) Participants will experience the use of solution focused preferred future activities to develop forward moving working teams.
- 4) Participants will work together to identify solution focused team building activities they have used that have worked.

## **Using the Miracle Question to "Break on Through to the Other Side"** *Cami Boyer*

### **Location: Ballroom South**

Have you ever experienced a time when you ask the Miracle Question, and get a blank look in return? Why didn't it work? Let's refine our skills of finding what is at the client's heart, and how we use that information to better help get to the 'other side', or solution side of things.

- 1) Participants will gain and practice skills of finding what is most important to the client.
- 2) Participants will gain and practice skills of fine-tuning to a quality, skill, or trait.
- 3) Participants will increase confidence of knowing how and when to use skills to help clients get to the 'other side.'

## **Solution-Focused Approach to Medical Family Therapy**

*Arlene Brett Gordon, Nika Alakbararova, Carlos Ramos*

### **Location: Stiha Room**

This workshop will explore the incorporation of Solution-Focused Brief Therapy in a university medical school/clinic setting's system of care. The language of solutions brings hope and creativity to patients, doctors, and medical students working together with medical family therapists in a clinical facility.

- 1) Participants will understand the benefits of using Solution Focused Brief Therapy in medical family therapy.
- 2) Participants will incorporate the basic principles of SFBT into their work with clients facing medical challenges.
- 3) Participants will explore ways to incorporate SF language with patients and medical care professionals to effect positive change.

## **You, Me, They = We ...Co-constructing Change!**

*Tomasz Switek*

### **Location: New Mexico Room**

Following Steve de Shazer's suggestion about developing SF ideas rather than preserving previous state of art in SFBT, I want to present you some ideas taken from my 18 of practice in the SFBT field. While still using basic tenets of SFBT, I try to work on the idea "look for and do more of what works". Our workshop will be focused on presenting and experimenting with some ideas which are on the edge of my SF practice.

- 1) Participants will know more about Situations Focused model.
- 2) Participants will consider utilizing potential sources of client's resources.
- 3) Participants will know more about other therapist activities like e.g. proposing potential answers to the questions.
- 4) Participants will practice conversation without questions.

## **Computerized Solution-Focused Self-Help Program: Development and Demonstration**

*Rytis Pakrosnis and Viktorija Cepukiene*

### **Location: Santa Fe Room**

The workshop will be aimed at demonstrating the computerized solution-focused self-help program by presenting idea, development and a case example. The discussion following the presentation will be concentrated around participants' experience with using self-help and possible pros and cons of utilizing the self-help in their SF practice.

- 1) Participants will get to know the computerized Solution-focused self-help program developed by the workshop presenters.
- 2) Participants will leave with the ideas on how to employ self-help in their solution-focused practice.
- 3) Participants will be able to name at least couple pros of using self-help in their practice.

## **Applying SFBT Skills in Nutrition**

*Richard Kahn*

### **Location: Exchange Room**

The workshop demonstrates how the SBFT approach can be used for problems in the nutrition domain. Participants will be given the simplest available nutrition guidelines for grounding. Participants will practice will practice two simple questions and the use of the magic square as applied to nutrition.

- 1) Participants will learn to create a strength-based diet history.
- 2) Participants will learn to understand the value of lists as a source of revelation and positive exceptions.
- 3) Participants will learn to use VIPs to explore nutrition and/or eating behavior.
- 4) Participants will learn to see the role of VIPs as sources of positive exceptions.
- 5) Participants will learn to use a Magic Square grid to explore nutrition/eating in greater depth.

**Veterans: What Works**

*Mark Mitchell, Rachel Coleman, Trina Richardson, Lisa Koffman, Patrick Vermont, Isidro Carreno, Nickolas Bailey, Justin Gibson, Deborah Simon*

**Location: Ballroom North**

This lively presentation and discussion will focus on how we can keep a solution focused approach with problem saturated issues. And how this approach can help veterans & family members. We will take a SF approach with the following issues: mental illness & vets, substance abuse, transition, & identity, suicide, & how to work with family members.

- 1) Participants will learn SF techniques for each of the issues presented.
- 2) Participants will learn techniques for dealing with military culture.
- 3) Participants will learn prevention methods for counselor self-care.

**Using Microanalysis to Improve, Teach, and Supervise SFBT Skills**

*Peter De Jong, Haesun Moon, Bo Yon Koh*

**Location: Ballroom South**

The essence of doing SFBT is scanning clients' language for what they might want, their competencies, and building with them from there. This interactive workshop demonstrates how the findings and skills of doing microanalysis research can be applied to improving one's own SF skills, as well as teaching and supervising others in SF skills.

- 1) Participants will reflect on and articulate their understanding of the essence of doing SFBT.
- 2) Participants will understand the meaning of "listen, select, & build" as a useful description of the essence of SFBT and recognize the process in a video clip.
- 3) Participants will understand how SFBT's practice of continuously working with the language of the client can be enhanced through the use of microanalysis and ELAN.
- 4) Participants will practice and discuss using microanalysis and ELAN to enhance their SFBT skills
- 5) Participants will understand how they can adopt the same activities to effectively teach and supervise others in SFBT skills.
- 6) Participants will understand how the presenters have used microanalysis and ELAN in their own learning, teaching, and supervising of SFBT skills.

## **The Process of Highly Effective Coaching: A Solution-Focused Framework**

*Robert Hicks*

### **Location: Stiha Room**

This presentation introduces the “Foursquare Coaching Framework.” This practical framework provides a cognitive structure for navigating the landscape of a coaching conversation. It allows coaches to know, moment-by-moment, where the conversation is within that landscape and to make informed choices as to the solution-focused inquiries available to achieve client outcomes.

- 1) Participants will be introduced to the Foursquare Coaching Framework and how to use it as a cognitive map to guide their coaching conversations.
- 2) Participants will learn how Solution Focused methods and practices are used within the Framework and how the Framework follows the five basic assumptions of SFBT.
- 3) Participants will be shown how the use of the Foursquare Coaching Framework exhibits the competencies identified by the International Coach Federation (ICF) for their certification process.

## **Solution Focused Brief Therapy in a Pastoral Context**

*Marc Coulter*

### **Location: New Mexico Room**

Grief, bereavement, end of life issues, and existential questions are just a few of the concerns clients might want to address in counseling. This interactive and informative workshop will explore how clinicians might utilize a solution focused approach while engaging in spiritually supportive conversations with clients regardless of faith tradition.

- 1) Participants will increase basic knowledge of SFBT and discover how this applies to clients in a pastoral care setting.
- 2) Participants will increase comfort level and skills in incorporating SFBT in a pastoral clinical care setting.
- 3) Participants will increase ability to have a spiritually based solution-focused conversation.
- 4) Participants will increase knowledge of how to identify what works in sessions with clients in a pastoral setting.
- 5) Participants will provide a forum in which participants can share ideas and concerns about working as a solution focused pastoral care giver and generate information on how to address concerns.
- 6) Participants will examine potential future areas for solution-focused professionals to explore with this population.

## **How Solution-Focused Skills Create a Trauma-Informed Environment**

*Samantha Koury, Denise J. Krause, Susan Green*

### **Location: Santa Fe Room**

The presenters will review the values/principles of trauma-informed care and share specific examples of how solution-focused language creates a trauma-informed environment. Using a creative “speed dating” approach, participants will practice solution-focused questions while tracking trauma-informed values/principles. An Easy-Guide reference to the values/principles and matching solution-focused skills will be available.

- 1) Participants will understand how solution-focused practices can create trauma-informed environments.
- 2) Participants will identify specific solution-focused skills that can anchor the five values/principles of trauma-informed care.
- 3) Participants will engage with one another about how they already use solution-focused skills to create trauma-informed environments.
- 4) Participants will identify aspects of Solution-Focused Trauma-Informed Care (SF-TIC) that they will use in their own work moving forward.

## **Effectiveness of SFBT For Couples Raising ASD Children**

*Brie Turns and Brandon Eddy*

### **Location: Exchange Room**

This workshop will review a study that assessed the effectiveness of SFBT for couples who are raising a child with autism. The workshop will also cover couples’ reflections and experiences with the model. Participants will discuss how the results can further benefit this unique population.

- 1) Participants will be able to identify the challenges and strengths of using SFBT for couples raising a child with autism.
- 2) Participants will be able to create variations of the miracle question while still adhering to SFBT tenets.
- 3) Participants will be able to identify how to remain true to SFBT while altering questions to meet the needs of families raising a child with autism.

### **Solution-Focused Model with LGBTQ Youth and Adolescents**

*Leslie Guditis, Carol Messmore, Lee Shilts*

#### **Location: Ballroom North**

Solution-focused brief therapy (SFBT) is an optimistic therapeutic process in which the therapist focuses on developing a strong alliance with the client toward exploring competencies exclusive to the client's unique views. The presenters of this workshop have experienced the basic tenets of this model to align in a productive manner when working with LGBTQ youth and adolescents. Case study examples will be presented to highlight their therapeutic utilization of the model.

- 1) Participants will learn vocabulary and explore statistics.
- 2) Participants will discuss ethical issues that may arise in work with transgender youth/adolescents.
- 3) Participants will learn developmental issues associated with and related to gender identity and gender non-conformity and how that may impact the family.
- 4) Participants will learn about possible SFBT interventions that may support transgender youth and adolescents and their families.

### **Telling Stories and Co-Constructing Difference. The Art of Storytelling in SFBT** *Dina Bednar*

#### **Location: Ballroom South**

The latest brain research demonstrates that learning and change happens best when these three components are activated: a positive emotion, discussions of relevant facts/interest, and novelty. This workshop will explore how metaphors, stories and even jokes can create novelty and the difference that makes a difference in solution-focused work.

- 1) Participants will know the historical use of stories, analogies, metaphors and jokes in therapy including the work of Dr. Milton Erickson.
- 2) Participants will know the brain research that supports the use of novelty for effective change.
- 3) Participants will understand how stories, analogies, metaphors and jokes can offer clients new ways of looking at problems, capture their attention (novelty), seed possibilities, and even evoke strengths, resources and abilities.
- 4) Participants will be able to learn the art of telling stories, etc. as specific and intentional interventions and the good reasons to do it.
- 5) Participants will have the opportunity to reflect on the stories that have influenced them and the stories they use to influence others.

## **Silence, Absence, and Presence in Solution Focused Work** *Patricia Casamo and Dvorah Simon*

### **Location: Stiha Room**

Inherently SFBT has organic and dynamic parts. When practiced, the form embodies the content and creates a stillness and presence for the emerging solution. Allow two SFBT old souls to teach you to use presence to guide you toward establishing the awareness, language, and unique skills to bring forth mindful solutions.

- 1) Participants will learn and apply relaxation techniques to enhance the SFBT process.
- 2) Participants will learn the usefulness of "mindful moments" in releasing the social default and opening the space for creative solution.
- 3) Participants will learn about their own preferred ways of inviting silence, absence, and presence in SFBT work.

## **Hope-Focused Solutions: A Relational Hope Focus of the Solution-Building Stages in Solution-Focused Brief Therapy** *Jenna Wilson*

### **Location: New Mexico Room**

Despite its importance in Solution-Focused Brief Therapy, how SFBT therapists build hope in the solution-building process is often unexplored in training. To remedy this shortcoming, I will discuss how the hope-building process is in relationship to solution-building. Utilizing the SFBT listen, select, and build processes, participants will gain an understanding of how hope-focused solutions are built between therapist and client while progressing within and across the five SFBT solution-building stages. This approach to hope-building in SFBT is based upon the qualitative research of videos and transcripts of SFBT co-creator Insoo Kim Berg's published cases and the findings of, the presenter, Dr. Wilson's dissertation research.

- 1) Participants will learn the basic steps in developing focus and hope in Solution-Focused Brief Therapy.
- 2) Participants will gain an understanding of how the basic assumptions of Solution Focused Brief Therapy are used to develop the pragmatics of hope and respect.
- 3) Participants will learn the four interrelated SFBT hopefulness patterns and how Insoo Kim Berg managed the timing and pacing of hope and solution building within and across her sessions.
- 4) Participants will learn how to recognize and manage the pragmatics of hopefulness and solution development based on the work of Insoo Kim Berg's cases in order to apply Solution-Focused Brief Therapy more relationally within and across the five SFBT stages.



## **Find the fun and snap - Introduce SF with Ease to Your Audience**

*Eszter Fruzsina Boross*

### **Location: Santa Fe Room**

"Solution Focused? Never heard of that before." said the boy. "Now boy, watch this and think again" As a SF practitioner, how can we help our audience to learn about SF tools and approach in a way that is familiar to them? Let's say, through a piece of cinema. During the workshop, we will utilize a tool that is front of our eyes: a movie. In this particular workshop, it is a well-known piece of art, Mary Poppins. We will experience and witness together how SF tools and mindset can be observed, learned and practiced with ease - like a snap.

- 1) Participants will explore a new tool to introduce SF.
- 2) Participants will have an idea of how they can incorporate this new tool into their way of work.
- 3) Participants will practice spotting and naming strength of themselves and others.

## **Developing an Action Plan for Professional Development that Honors and Incorporates the Values, Philosophy, and Mission of the Individual and Clinical Setting**

*Helen Taylor Yates*

### **Location: Exchange Room**

Participants in this interactive workshop will explore the philosophies and values that inform their work with clients using Solution Focused Brief Therapy techniques. They will be guided in the creation of a person-centered professional action plan containing positive goals that build on their personal strengths, values and philosophy of helping.

- 1) Participants will identify the values and mission of the agency or setting in which they work with clients, as well as their own professional values.
- 2) Participants will identify the most important values that they would like to incorporate into their work with clients.
- 3) Participants will create an action plan that utilizes Solution Focused strategies for incorporating their values into a set of goals for developing their work with clients.

## Poster Presentations

Friday November 10, 2017

5:30 pm - 7:00 pm

### **The Effects of Solution-Focused Group Counseling on Break-up Adjustment of Unmarried Adult Females**

*Wei-su Hsu, Hsiang-Yun Chen, So-Tyan Melody Sun*

This study aimed to probe into the counseling effects of solution-focused group counseling regarding break-up adjustment of unmarried adult females. Six unmarried adult break-up females were invited to participate in the group (two hours each time, with a total of eight times). Before group, after group, and four weeks after group, they received individual interviews of semi-structured questions, filled in “the Resilience and Personal Growth Inventory”, and completed the feedback after each sub-group. Quantitative data were tested and analyzed by Wilcoxon Matched-Pairs Signed-Rank Test of Non-Parametric Statistics and descriptive statistics. Qualitative data were generalized and analyzed by Thematic Analysis.

### **Solution-Focused Teacher Supervision**

*Marcella Stark, Marla McGee*

This poster session presents an overview of a qualitative research study examining how educational leadership students who received instruction in solution-focused supervision (SFS) perceived the effectiveness of SFS strategies as they engaged in clinical supervision with a practicing classroom teacher.

### **Examining Equine Facilitated Psychotherapy (EFP) as a Complement to Standard Care for Foster Youth in Residential Treatment**

*Michelle Hospital*

This poster session presents preliminary data from an innovative clinical intervention implementing Equine Facilitated Psychotherapy (EFP) to enhance the social and emotional well-being of residential foster care youth. The two-year funded study (in process) offers a 12-week, experiential model integrating equine facilitated practices within a Solution-Focused Brief Therapy approach.

### **Potential benefits of the computerized solution-focused self-help program for improving university students' psychosocial functioning**

*Viktorija Cepukiene, Rytis Pakrošnis*

The presentation shares initial results on the computerized solution-focused self-help program's potential to help university students in overcoming difficulties and improving psycho-social functioning. The study procedure involved pre- and post- intervention evaluations combining subjective and standardized measures. Result analysis revealed that participants appreciated the Program and gained positive outcomes.

## **Twenty Good Reasons to Use SFBT In Suicide Prevention**

*Heather Fiske*

This poster will present 20 concisely argued reasons for using SFBT with people at risk for suicide. The 20 reasons will include some that rest on the evidence base regarding SFBT outcomes; hope in treatment; reasons for living; and future thinking. They will also include theoretical and practical reasons.

## **Development and Study Of A Manual For The Japanese Version Of Solution-Focused Classrooms Program**

*Takenouchi*

*Sachiko Kurosawa, Norio Mishima, Yuichi*

The WOWW is also promising in Japan. Based on a hearing survey, we developed a manual for the Japanese version of Solution-Focused Classrooms Program in which a class assistant pays each class 5 weekly visits in total. We conducted research on its effects qualitatively and quantitatively.

## **Targeting Spine Surgical Care to Patient Need for Optimized Outcome with the Solution-Focused Spine Patient Outcomes Questionnaire (SFSPQQ) - A Solution-Focused Survey looking into Patient Outcome Expectations in Adult Reconstructive Surgical Spine Care.**

*Drew Bednar*

There is a growing literature identifying discrepancies in how patients and surgeons perceive their spine care outcomes. Intervention strategically targeted to patient needs has potential to improve those outcomes. This is a pilot trial testing the applicability of a simple office-based preoperative questionnaire using the patient-positive principles of Solution-Focused Brief Therapy to optimally identify patient's perceived needs in approaching surgical spine care, with a view to optimizing eventual long-term outcome.

## **Working on What Works: Classroom-Level Impact on Teacher and Student Outcomes**

*Laura Beth Wallace*

Working on What Works applies solution-focused theory and techniques to improve learning at the classroom level. Family therapy interns conducted the WOWW intervention in the 15 treatment classrooms, and teacher-reported behavioral and academic outcomes were compared to the 15 control classrooms. WOWW was found to improve internalizing and externalizing behaviors, including lower anxiety, sense of irrelevance, inattention, hyperactivity, impulsivity, and need for behavior correction. However, students in the treatment condition also showed a less close relationship to their teachers. The conflicting nature of the findings suggest that the efficacy of the WOWW intervention warrants further investigation.

## **Potential-based Therapy of Addicted Youth - Institutional Arrangements** *Jacek Szczepkowski*

The presented research was an experimental attempt to implement the Solution-Focused Approach in Poland to the field of youth rehabilitation in institutional settings.

## **High School Counselors' Experiences in a Solution-focused Supervisor Training Program**

*Hsuan-Jung Chen, Wei-Su Hsu, Yu-Hsuan Yu*

This study aimed to explore high school counselors' experiences of participation in a solution-focused supervision training program and their experiences of doing solution-focused supervision. Sixteen high school counselors participated in this study. The first phase of the training program consisted of 45 hours of training over 7.5 days. The second phase involved trainees doing supervision work and participating in three supervision meetings, and one supervision meeting after a school year, all of which were three hours long. This study used a qualitative research methodology, including one focus-group interview, 12 in-depth interviews, and 5 follow-up in-depth interviews. The collected data was organized and analyzed using thematic analysis.

## Research Awards

### Richa Malhotra



Richa Malhotra is a Research Scholar in the Department of Psychology, University of Jamia Millia Islamia, India. She is also engaged in a teaching assignment as an Assistant Professor with Jesus & Mary College, University of Delhi. In addition to being a scholar and a teacher, Richa also practices SFBT in a community where it has been largely unheard of, even by mental health professionals. As challenging as that sounds, her endeavor to use this approach effectively in her research work & her objective of pioneering a change in trend of psychotherapies practiced in India, keeps her 'Solution Focused' Self going. She was also the recipient of the Student Conference Bursary Award in 2016.

Research Topic: “Effectiveness of Solution Focused Brief Therapy on Self-Concept, Self-Esteem, and Adjustment of Bullied Adolescents”

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### Valerie Handley, M.S.



Valerie Handley is a second-year doctoral student in the Marriage and Family Therapy program at Texas Tech. Valerie has training in Microanalysis and Solution-Focused Brief Therapy. Her research interests include: SFBT, Animal-assisted therapy, social justice, and gender issues. After completion of her doctoral degree, Valerie will pursue a career in academia and continue her research endeavors.

Research Topic: “Assessing the effectiveness of Solution-Focused Brief Therapy with Animal-Assisted Therapy: A Microanalysis of Face-to-Face Dialogue”

## Presenter Biographies (by last name)

**Nika Alakbarova** is a Ph.D. candidate in Nova Southeastern University's Marriage and Family Therapy program. Nika is currently a medical family therapist for NSU's medical clinic and working as a graduate assistant in both Medical Family Therapy clinic and Brief Therapy Institute at NSU. Nika worked as a guidance counselor in a boarding school and in her private practice. Nika has defended her dissertation proposal on "Physician's View of their Patient after Experiencing Collaborative Relationship with Medical Family Therapist." She specializes in exploring the postmodern/modern worldview and biopsychosocial/biomedical language. She wrote a collaborative article with her professor on her role as a medical family therapist for Journal of Systemic Therapy.

**Nickolas Bailey**, BSW at UNCW is a retired Navy Corpsman with 10 years of experience in combat medical and mental health operations. His area of interest are trauma and PTSD.

**Dina Bednar** is a registered marriage and family therapist who works in a children's mental health clinic. She is the assistant director of the SFBT certificate program at the University of Toronto and one of the directors of the Canadian SFBT centre. She is passionate about SFBT and SST, and enjoys seeing the difference it can make.

**Sarah Berg** is an engaging and dynamic presenter - the daughter of Insoo Kim Berg - working at one time with Insoo and Steve at the world-famous Milwaukee Brief Family Therapy Centre. She has a Bachelor's Degree in Social Work and was a case manager at an Aids Service organization.

**Annette BoVee-Akyurek** has worked with a variety of physical and psychosocial difficulties in facilitation of wellness of the body and mind. She is a physical therapist, craniosacral therapist, hypnotherapist, mental health counselor, national certified counselor, and marriage and family therapist. Annette views the body and mind as a whole and embraces factors that contribute to the client's present state within their ecosystem. She honors her clients in their self-corrective process and self-exploration in collaborative relationship. Annette has instructed classes in self-healing, meditation, self-hypnosis, craniosacral therapy, and alternatives in physical therapy. She has presented at IFTA on assisting refugees and body-mind multilevel communication, at FAMFT on relationships in therapy, at SFBT Expo on needs in SFBT, and at Oxford's Movement Conference on facilitation of movement.

**Cami Boyer** first was exposed to SFBT in graduate school and was intrigued by how well it worked! She had the unique and wonderful experience to be trained for the mental health field with an entire team who was learning and using SFBT. Cami now works full time at Colorado Coalition for the Homeless as a Clinical Program Manager where she works with adult clients with severe mental illness, and supervises other clinicians – some of whom are learning SFBT! She also has a private practice where she works with adolescents and adults.

**Ezter Fruzsina Boross**, MA, ACC, CAPP is a Solution Focus Practitioner in HR, coaching and change management. She earned her Master Degree in International Relations and Organizational Development in Budapest, Hungary in 2011. She worked together with Peter Szabo, MCC, and it was the time when she got introduced to the term and approach of Solution Focus. She got trained in Brief Coaching in

Basel and Team coaching. Working in the field of Human Resources, she applied her knowledge as a recruiter, an internal coach, and a change manager.

**Isidro Carreno**, BSW at UNCW is a combat special operations Marine. His areas of interest are transitions & families.

**Patricia Casamo**, LCSW has been in Private Practice and EAP's for over thirty years providing SFBT and consultation for adults, families, couples, and groups. This includes providing individual solution-focused brief therapy/counseling/coaching services, groups, workshops, and training for a full range of wellness, emotional, behavioral, social and organizational issues. A professional trainer and supervisor in the field of Solution Focused Brief Therapy and Collaborative Practice. A Certified Clinical Hypnotherapist (ASCH) and Ericksonian Practitioner. Subject Matter Expert SFBT: Corporate/EAP

**Viktorija Cepukiene** BA in Psychology, MA in Health Psychology, PhD in Psychology. Works as associate professor at the Department of Psychology, Vytautas Magnus University, Lithuania; psychologist at the VMU Psychology Clinic. Fields of interest: SFBT outcome research; application and research of Solution-Focused approach in different areas and contexts; training of SFBT.

**Rachel Coleman**, Ph.D. is a psychologist at the Psychosocial Rehabilitation and Recovery Center at the Albuquerque, NM VA. She brings her passions for philosophy, social justice, and non-violent communication to her work empowering Veterans with severe, chronic mental illness.

**Marc Coulter** is a Licensed Professional Counselor, Master Addiction Counselor, National Certified Counselor, and a proud solution-focused practitioner. He is past president of the Colorado Counseling Association and is a published author, speaker, trainer, facilitator and therapist with over 16 years in the counseling field. He is currently pursuing his PhD. in Religious Studies at the University of Denver and Iliff School of Theology. He has worked for state and county health departments, colleges and universities, the Department of Defense, mental health agencies, and currently in private practice. He continues to be curious about what works with clients and loves assisting others discover their own wisdom.

**Hsiang-Yun Chen**, a master of counseling psychology, is a school counselor in National Chung-Li Vocational High School in Taiwan. She is also the key member of Taiwan Solution-Focused Center. Ms. Chen has been training with SFBT for years. She uses SF to do school counseling work and group work, and also provides SF training for teachers.

**Marja Dansie** was born in Colorado, where she has spent most of her life. She completed her undergraduate studies at the University of California, Santa Cruz and earned her Master's Degree in Social Work at Smith College in Northampton, MA. Marja's professional experience began in her work with a child advocacy center and has progressed through crisis work and child, adolescent, and family therapy. For the past 5 years, Marja has worked in Integrated Care through a partnership between Mental Health Partners and Clinica Family Health in Lafayette, CO. Marja enjoys working in team based care and regularly feels inspired by the growth and change she sees in patients. In her spare time, Marja enjoys traveling, cooking, gardening, staying active and spending time with her husband, friends, family and very special dog.

**Peter De Jong** is the co-author (with Insoo Kim Berg) of many journal articles and four editions of the book *Interviewing for Solutions* now translated into several languages. He is an emeritus professor of sociology and social work and a former adjunct at the Brief Family Therapy Center in Milwaukee, Wisconsin where solution focused practices first were developed. He has been an outpatient therapist, case worker, and led trainings with practitioners working in mental health, child welfare and family services, juvenile corrections, and school settings. He currently trains, consults, and conducts microanalysis research on therapy conversations with several colleagues.

**Tiffany de Leon**, M.S., is currently pursuing her Ph.D. in Marriage and Family Therapy at Nova Southeastern University where she also obtained her Master's degree in Marriage and Family Therapy. She is currently working as a graduate assistant and is an advanced student therapist with an active case load of individuals, couples and families at that the Brief Therapy Institute's Family Therapy Clinic, which is a community based clinic and part of the Department of Family Therapy at Nova Southeastern University. She is also the Doctoral Intern for Stable Place, Inc., a non-profit organization that provides equine-assisted therapy and training for individuals, couples, families, and groups. Growing up, studying, and working in South Florida, she has experience with diverse populations in a variety of settings implanting strength based, experiential, systemic, and solution focused brief therapy and consultation.

**Brandon Eddy** is a doctoral candidate at Texas Tech University working in Medical Family Therapy with an emphasis on postpartum depression and neurodevelopmental disorders. He has published on the topic of autism spectrum disorder and neurotypical siblings. He has written a book chapter on single parent families and has several other articles and book chapters in progress. Brandon has found Solution-Focused Brief Therapy helpful when working with couples raising a child with Autism. Brandon is working on his dissertation, which focuses on couple attachment during pregnancy. Brandon is currently a visiting professor in the Marriage and Family Therapy Department at the University of Nevada Las Vegas.

**Heather Fiske**, Ph.D., C.Psych., is an enthusiastic and experienced solution-focused practitioner, trainer, and supervisor. She is one of the founders of the Solution-Focused Brief Therapy Association and has published numerous articles on solution-focused practice and training as well as a book, *Hope in Action: Solution-Focused Conversations about Suicide*. She is the recipient of the Insoo Kim Berg memorial award for contributions to solution-focused training, and of the Canadian Association of Suicide Prevention's national service award. Heather lives on the glorious North Atlantic coast of Canada near Halifax, Nova Scotia.

**Samira Y. Garcia** earned here Ph. D. in Family Therapy from Nova Southeastern University in 2016. She is currently a full-time faculty member in Valdosta State University's (VSU) COAMFTE accredited, Masters of Science in Marriage and Family Therapy program. As a AAMFT supervisor-candidate, she has had the privilege of providing live-supervision to six different practicum teams at VSU community MFT clinic, FamilyWorks. She holds a deep curiosity for the process of SFBT and is committed to exploring the nuances and simplicity of the model for the benefit of her own clinical practice and that of her supervisees. Samira is a native of Fort Lauderdale, Florida and currently resides in Valdosta, Georgia with her rescue cat, Fox.



**Susan Green**, LCSW is a Clinical Associate Professor at the School of Social Work at the University at Buffalo, The State University of New York. She is the co-director of The Institute on Trauma and Trauma-Informed Care within the Buffalo Center for Social Research at the School of Social Work, which began in the Fall of 2012. Susan is a certified in the following: Eye Movement Desensitization Reprocessing (EMDR); Advanced Critical Incident Stress Management, Trauma-Focused Cognitive Behavioral Therapy, and Cognitive Processing Therapy. She is committed to the integration of theory with practice as she combines full-time teaching and training with clinical practice. Susan has trained at several agencies and organizations on the use of solution focused strategies within a trauma- informed system of care.

**Dr. Arlene Brett Gordon**, LMFT, is a Clinical Fellow of the American Association of Family Therapists (AAMFT), and a state and COAMFTE Supervisor. She is director of the Brief Therapy Institute (BTI) at Nova Southeastern University (NSU), the Department of Family Therapy's site for training master's and doctoral students. In 2016, Arlene expanded BTI's services with the Medical Family Therapy Clinic at NSU, where she and a doctoral team work with medical professionals and their patients. In 1991, Arlene met Insoo Kim Berg and Steve de Shazer, and collaborated with Insoo until her death in 2007. Since 1993, Arlene has trained practitioners working directly with families across South Florida, nationally, and internationally. In 2015, Arlene developed a webinar series to support practitioner's use of SFBT.

**Leslie Guditis** is a licensed marriage and family therapist in the State of Texas, she is an approved MFT Supervisor in the State of Texas and an Approved AAMFT Supervisor Candidate. Leslie has offices located in Denton, TX and Houston, TX. Leslie teaches counselor education/marriage and family therapy full-time with Capella University. She is also an adjunct instructor with Texas Woman's University (her alma mater). Leslie has experience working with individuals, couples, and families. She has worked extensively with LGBT, transgender, adolescents, as well as with the aging. The emphasis in her practice has been her work with couples and with transgender individuals and their families. She also facilitates individual, group, and couples workshops and retreats.

**Kestrel Hanson Neathawk** received her Master's Degree in Counseling Psychology from Prescott College in January 2006. Kestrel worked at a hospital alternative for persistent mental illness with Mental Health Partners (Boulder, CO) until she joined Clinica Family Health in October 2011 where she is providing behavioral health services in an integrated care team. Kestrel is passionate about igniting change in others while reminding clients of their internal resources in an effort to live their best and fullest lives. It lights her up to see the utilization of SFBT make a huge difference in the lives of the people she serves, and she is looking forward to sharing the positive impact of having therapists installed in Primary Care during the Conference. In her spare time Kestrel loves spending time with her husband and fur kids, Lexi and Raven. She thrives in the outdoors, is a ravenous reader and enjoys the creativity of photography.

**Robert F. Hicks**, Ph.D., is a Clinical Professor of Organizational Behavior at The University of Texas at Dallas and founding director of the Organizational Behavior, Coaching and Consulting program in the Jindal School of Management. Dr. Hicks is a licensed psychologist and holds an appointment as a faculty associate in the Department of Psychiatry at UT Southwestern Medical Center. His program at UT Dallas provides a Graduate Certificate in Executive and Professional Coaching for those seeking to become professional coaches and is accredited by the International Coach Federation. Furthermore, his program

offers MS and MBA degrees in Leadership and Organizational Development. He has over three decades' experience coaching executives and professionals across a variety of industries. His latest books are *The Process of Highly Effective Coaching* (2017) and *Coaching as a Leadership Style* (2014).

**Wei-Su Hsu**, a Ph.D. in Educational Psychology and Counseling in Taiwan, is a professor in the Department of Educational Psychology and Counseling at National Taiwan Normal University in Taiwan. She is also the Honorary Consultant of the Taiwan Solution-Focused Center. Since she and other scholars introduced SFBT to Taiwan from USA over a decade ago, Dr. Hsu has been devoting herself to promoting SFBT in Taiwan via giving lectures, providing training workshops, and supervising practitioners, especially for school counselors. She has been often invited to China, Singapore, and Malaysia as a trainer and a supervisor of SFBT. She has been really appreciated to get the "2013 Insoo Kim Berg Memorial Award for Significant Contribution to Training." Dr. Hsu also has published several research papers, books, and articles on applying SFBT. In sum, Dr. Hsu is a passionate advocator of SFBT in Asia.

**Richard Kahn** is a Registered Dietitian for over 20 years. He has a Master's Degree in Nutrition and Food Science and Doctorate in Social Welfare. His diet history began with grandfathers and mother. One grandfather was a baker, the other a cheesemaker and his mother a good cook. Prior to clinical work, he had about 20 years of retail food experience including a pioneering farm to store business in Manhattan. He continues his education by sampling New York City's cuisine rainbow. A colleague introduced him to Jay Haley and the strategic approach. He next discovered Steve de Shazer, Insoo Berg and Yvonne Dolan, among others. He saw that SFBT provided a framework, literature and colleagues who could help him develop and formalize his existing clinical methods. Lastly, he undertook SFBT training with Anne Lutz. He's been excited by adapting SFBT for dietitians and clinicians working with children and families. He has a private practice in NYC alongside his work in a public clinic and home visits for New York City's Early Intervention Program. Visit his website: [RichardKahnNutrition.com](http://RichardKahnNutrition.com). Email him at [childnutrition@verizon.net](mailto:childnutrition@verizon.net)

**Pamela King**, LMFT is a licensed Marriage and Family Therapist, speaker, and trainer in private practice in Utah, USA. Having earned a bachelor's degree in Theatre Arts and a master's degree in Family and Human Development, Pam strives to uncover and refine clients' gifts of creativity to build their own solutions. Well versed in Solution-Focused Brief Therapy, she has designed and implemented innovative solution-focused play therapy treatment programs with children and families. Pam is an international presenter and author of *Tools for Effective Therapy with Children and Families: A Solution-Focused Approach*. [Pam@SolutionPlay.net](mailto:Pam@SolutionPlay.net)

**Bo-Yon Koh** is a Certified Solution Focused Coach (CSFC) who also holds a doctorate degree in piano performance and pedagogy. As an accomplished artist and passionate pedagogue, Dr. Koh brings unique perspectives on how to manage issues such as confidence, motivation, and stress and time management. Dr. Koh is passionate about helping individuals find their own practical solutions that result in improved awareness, self-efficacy, productivity, and performance. Dr. Koh currently is serving as an associate director at the Canadian Centre for Brief Coaching.

**Samantha Koury** is a licensed social worker and the Project Manager at the Institute on Trauma and Trauma-Informed Care, which is part of the University at Buffalo School of Social Work and Buffalo

Center for Social Research. Samantha has two years of experience training and coaching staff on trauma and Trauma-Informed Care in a variety of service sectors, including: addiction, mental health, medical, education, refugees and HIV/AIDS. She has studied solution-focused practice for three and half years and regularly uses solution-focused skills when working with staff to create trauma-informed environments. Samantha's research and practice interests are creating trauma-informed organizational change and the integration of Trauma-Informed Care with solution-focused practice.

**Denise J. Krause**, MSSW is a Clinical Professor and Associate Dean for Alumni Engagement at the University at Buffalo School of Social Work. Ms. Krause has been involved in several ongoing Solution Focused and Trauma-Informed Care training initiatives in New York State since 2005. She works with the New York State Office of Children and Family Services, county-level social service departments, and voluntary agencies to train at the administrative, supervisory, and direct service levels.

**Sara Smock Jordan** is an associate professor who has published and presented extensively on SFBT, including a co-author of the SFBTA treatment manual. This presenter is in the SFBTA's founder's group and currently serves on the research committee.

**Lisa Koffman**, LCSW is a social worker with a deep commitment to recovery. She excels at developing community-based adventures for Veterans enrolled in PRRC at VA.

**Brigitte Lavoie** has been a psychologist for 25 years. She is a solution focused trainer and supervisor, and she also maintains a private practice. Her interest in SFBT began with her work in suicide prevention and in mental health programs for police officers, first responders, and blue-collar workers, where it was essential to adapt practices to reach traditional men. She has made a significant contribution to the promotion of SF practices in the province of Quebec (Canada), and she has been an important voice in the call for better access to mental health services for boys and men.

**Carol Pfeiffer Messmore**, PhD, LMFT, AAMFT Approved Supervisor received her master's degree and doctoral degree in Marriage and Family Therapy from Nova Southeastern University. Her clinical work utilizes Solution Focused Brief Therapy and has focused on families with young children as an Infant Mental Health Specialist. She completed post-graduate clinical work through the Florida State University Harris Institute for Infant Mental Health Training. Carol has experience working with children and families in school settings, community based agencies, as well as private practice and social service consultation. She currently teaches at Capella University in the COAMFTE accredited MFT program.

**Mark Mitchell**, LMFT has been a coach, therapist, trainer, & consultant for over 30 years. On a macro organization level, his sf consulting includes such organizations as Los Angeles Veterans Collaborative, Veterans & Family Ministry certification program at Loyola Marymount University, City of Los Angeles (all departments), entertainment, and legal & technology companies. On a micro level, he coaches managers who are misbehaving, have team work problems or experience critical incidents resulting in violence. See [www.Markspeaks.com](http://www.Markspeaks.com) & [www. MarkMitchellhelps.com](http://www.MarkMitchellhelps.com)

**Haesun Moon** is one of Canada's leading educators and advocates for Solution Focused Brief Coaching. She is the director of the Solution Focused Brief Coaching certificate program at the University of Toronto, and the principal trainer and advisor at the Canadian Centre for Brief Coaching. Ms. Moon most

frequently works with senior managers and executive level leaders on broad range of organizational topics including change management and performance evaluation. Ms. Moon is a Certified Solution Focused Coach (CSFC) and is also certified to administer EQi, SDI, and MBTI.

**Katharine Ottone**, LPC is a Licensed Professional Counselor and holds a Master's of Education in Counseling from Texas Christian University (TCU). She is currently on fellowship at TCU to complete her Ph.D. in Counseling and Counselor Education. She is also a Certified Clinical Hypnotherapist, utilizing Ericksonian hypnosis. She has provided counseling to children and families in many settings including non-profit organizations, children's psychiatric hospital, university, athletic clubs, adolescent psychiatry practice, and private practice.

**Rytis Pakrosnis** BA in Psychology, MA in Health Psychology, PhD in Psychology. Works as associate professor at the Department of Psychology, Vytautas Magnus University, Lithuania; psychologist at the VMU Psychology Clinic; psychologist in private practice. Fields of interest: SFBT outcome research; application and research of Solution-Focused approach in different areas and contexts; training of SFBT.

**Plamen Panayotov** is psychiatrist, working as Chief Physician at the Day Clinic of Rouse Mental Health Centre, Bulgaria. He is Chairman of the Board of Solutions Brief Therapy and Counseling Centre Rouse, a non-governmental non-for-profit organization, running a number of social services for people with mental problems and addictions – protected home, day center, social rehabilitation and integration center, and social firm. Plamen teaches Solution-Focused Brief Therapy in the ergo-therapists masters' program and the post-graduates' program for helping professionals at Rouse University; and Simple Therapy at Bucharest University and in private courses. As a student of Steve de Shazer and Insoo Kim Berg, he is fan of doing more with less. Lately, however, he tries to go Zen - doing everything with nothing.

**Ellen Quick**, Ph.D. is a clinical psychologist and board-certified coach. She practices solution focused therapy at Psychiatric Centers at San Diego. Through Ellen Quick Life Coaching, she also provides solution focused coaching for decisions and transitions. Ellen is the author of *Doing What Works in Brief Therapy*, *Core Competencies in the Solution-Focused and Strategic Therapies*, *Solution Focused Anxiety Management*, and *How Do You Know When You Know?* Ellen has presented on solution focused practice at SFBTA, EBTA, Milton Erickson Foundation conferences, APA, and the European Conference on Positive Psychology.

**Carlos Ramos** is a board-certified behavior analyst, a Ph.D. candidate in Nova Southeastern University's Marriage and Family therapy program, and a student member of the American Association of Family Therapists (AAMFT). Carlos is currently a medical family therapist for Nova's medical clinic, as well as a behavior analyst for a foster care agency in South Miami. As a medical family therapist, Carlos specializes in the use of hypnosis for the treatment of severe and chronic pain, fears and phobias, and other clinical and medical issues. His dissertation explores a solution-oriented/relational approach to hypnosis in the treatment of anxiety. Carlos has presented on the effects of anxiety on the individual, as well as the family unit in a variety of national and international conferences.

**Trina Richardson**, LCSW is a social worker with a passion for fostering personal expression using music, art, and humor. She brings a background in recreational therapy to her recovery-focused work in PRRC at VA.

**Michael Rolleston**, M.S., is currently pursuing his Ph.D. in Family Therapy at Nova Southeastern University. He holds a Master's degree in Family Therapy from Nova Southeastern University. He is working as a graduate assistant with the Department of Family Therapy in the Brief Therapy Institute's Family Therapy Clinic. Also, he is working as a staff therapist and intake coordinator for Stable Place, a non-profit organization providing individuals, couples, families, and the community with equine-assisted therapy services. He is involved in clinical work ranging from equine-assisted therapy, to solution-focused mentoring, and medical family therapy, to solution-focused therapy. His professional interests include solution-focused consulting work, presenting on solution-focused approaches at the local and national level, and running clinical groups from a client-centered and strength-based perspective.

**Monica Rotner** currently resides in Boulder Colorado. She received her B.A. in Psychology and a Masters in Social Work and is an LCSW and CAC III. Monica has applied solution focused principles to working with adolescents in school based settings, and to management, supervision and leadership as the Director of Outpatient and Community Services at Mental Health partners and currently as the Division Manager for Community Justice Services. Her experience includes direct service, clinical supervision, solution focused training to therapists, non-therapists, Managers, Leaders and elected officials. Monica trains on the Solution Focused model to Therapists, Non-therapists, and has developed use of the solution focused model to facilitate change in organizations, groups, and communities. Monica has presented on Solution Focused Therapy Nationally, internationally and locally, on its applications to direct service work, supervision/management/ leadership as well as its use in organizational and community development.

**Brian Serna**, LPCC, LADAC, is an international trainer and consultant in Evidence Based Practices (EBPs), ethics and cultural issues in behavioral healthcare. Mr. Serna excels at designing programs that implement EBPs with individuals who are resistant to change and have cultural barriers to accepting treatment. He has trained clinicians in the Community Reinforcement Approach and Family Training (CRAFT) since 2001 having received his training and supervision directly from Dr. Robert J. Meyers. He has trained and consulted with programs in over twenty different states and five different countries. Brian is also on the faculty at Southwestern College in Santa Fe, NM. His company, Serna Solutions LLC provides consultation services and direct behavioral health services to adults, adolescents and families.

**Monica Schroeder**, M.S., is currently working towards her Ph.D. in Family Therapy from Nova Southeastern University (NSU) and holds a Master's degree in Family Therapy from the same university. She works as a graduate assistant within the Department of Family Therapy of the College of Arts, Humanities, and Social Sciences at NSU. Monica also works as a staff therapist for Stable Place, Inc., a non-profit organization that provides equine-assisted therapy and learning for individuals, couples, families, and groups. Monica's clinical experience includes solution-focused therapy, equine-assisted therapy and equine-assisted learning, solution-focused mentoring and training, and consultant work.

**Lee Shilts**, PhD, LMFT, AAMFT Approved Supervisor received his Ph.D. in Marriage and Family Therapy from Virginia Polytechnic Institute and State University. His professional interests are in the utilization of Solution-Focused Brief Therapy in the school setting. With over 75 professional publications and presentations, his recent efforts have focused on a school based program developed with Insoo Kim Berg, *Working on What Works: Solutions in the Classroom*. He currently teaches with Capella University.

**Dvorah Simon**, Ph.D. is a psychologist and poet. She is also the director of the Psychosocial Rehabilitation and Recovery Center at the Albuquerque, NM VA. She is the author of "Crafting consciousness through form: Solution-focused therapy as a spiritual path" (Miller, Hubble, and Duncan, (Eds.), Handbook of solution focused brief therapy.) Solution focused therapy is her spiritual home.

**Joel Simon** has been a solution-focused practitioner, trainer, presenter, and consultant since 1992. He attended 3 trainings at BFTC and is a founding member of SFBTA. Currently, he is in private practice, provides solution-focused training, supervision, and consultation. Joel co-authored several articles on solution focus including two with Insoo Kim Berg. Joel has authored or co-authored 3 books on solution-focused topics. Please visit [www.0to10.net](http://www.0to10.net) for further information.

**So-Tyan Melody Sun**, a master of education, teaches in Lan-Yang Institute of Technology in Taiwan. She was the director of student counseling center and a supervisor of volunteer counselor in a community counseling center. Ms. Sun has been working with Dr. Wei-Su Hsu in training workshops as a co-leader for years.

**Tomas Switek** is the founder of the SFA Center in Poland, he works as a therapist, trainer, supervisor, and coach. Has a lot of experience in the fields of chemical addictions, family violence prevention, mental health issues. In his practice working mainly with adults - individually, with couples and groups. For many years works within Polish social welfare system and promote social work focused on solutions. EBTA and IASTI board member. He is co-author of materials, articles and books on the solution-focused approach published in Poland, US, UK, and Germany.

**Frank Thomas**, Ph.D., LMFT-S is Professor of Counseling and Counselor Education at Texas Christian University in Fort Worth. He has authored or edited six books and nearly 100 articles. His book *Solution-Focused Supervision: A Resource-Oriented Approach to Developing Clinical Expertise* (2013) is his most recent. Frank is an Associate Editor with *The Journal of Solution-Focused Brief Therapy* and serves on five other journal editorial boards. He has made over 230 presentations in 15 countries. Currently, Frank consults with nonprofit organizations, does executive coaching, and provides supervision-of-supervision worldwide via Skype.

**Brie Turns** is an assistant professor at Fuller Theological Seminary who has been working with families living with autism for approximately seven years. She has presented on the topic of ASD families at local, national, and international conferences. The presenter has published several journal articles on the use of SFBT and autism, a magazine article on the basics of family therapists working with ASD families, and is currently writing two book chapters on the diagnosis of autism. This presenter is also co-editing a text on the use of family therapy and families raising a child with autism. Finally, she has designed,

implemented, and completed research on the topic of solution building for parents raising a child with autism and the effectiveness of SFBT for couples raising a child with ASD.

**Patrick Vermont** is a certified Peer Support Specialist. He brings his experience as a Veteran to helping fellow Veterans navigate the mental health care system at the New Mexico VA Medical Center.

**Justin Wade**, BSW at UNCW is a combat Marine and has battled addiction, trauma, and depression. As a result, he has found passion in helping others find themselves, & finally come home.

**Jenna Wilson**, Ph.D. received her bachelors' degree in Psychology, her Masters' degree in Marriage and Family Therapy, and her Ph.D. in Marriage and Family Therapy at Nova Southeastern University. Jenna is a Licensed Marriage and Family Therapist in Florida, Clinical Fellow of the American Association for Marriage and Family Therapy, AAMFT Approved Supervisor, and a member of Delta Epsilon Iota Academic Honor Society.

**Helen Taylor Yates** is a PhD student at the University of Georgia School of Social Work and is the Clinical Supervisor at Live Forward, a non-profit agency serving people living with HIV. She received her BSW from the University of North Carolina at Wilmington, where she trained in Solution-Focused methods and strengths-oriented approaches to social work. She received her MSW from the University of Georgia, and has worked in community mental health, private non-profits and private practice settings. She utilizes strengths-based counseling and case management approaches, and enjoys helping clients reach wellness goals, improve parent-child relationships and recover from abuse and domestic violence. Her research interests include HIV and AIDS treatment adherence strategies for women, and feminist and strengths-based social work teaching and intervention methods.

**Sue Young** is a retired teacher, having worked as anti-bullying coordinator and behavior support manager in Hull, in the UK. She was a participant in the first two on-line courses in solution focused work, led by Insoo Kim Berg and Steve de Shazer. After being invited by Insoo and Peter De Jong to contribute to the 'Applications' chapter in "Interviewing for Solutions", she was emboldened to write her own book: "Solution-Focused Schools: Anti-bullying and beyond", now available in six languages. Sue continues to provide training for solution-focused work in schools in Europe & beyond, recently in South America, Korea and Japan.

**Brenda Zalter-Minden**, MSW, CSW is the founder and principal of BZM Solutions—a consulting practice specializing in a solution-focused approach. Brenda had the privilege of being trained by both Insoo and Steve. She has adapted their philosophy and has created FROG—Forever Recognizing Others' Greatness™. The FROG's creative and unique approach recognizes strengths, inspires change and empowers a continuous improvement culture for both management and staff. She has co-authored two books on the subject and is now enjoying retired life living one day at a time.

# Continuing Education Verification

Continuing education verification and certificates are being provided by New Mexico Highlands University in Las Vegas, New Mexico. The cost is somewhat higher than in past years, \$20 per day for up to 5 hours per day on Friday and Saturday (\$4 per CEU). The cost is the same for those attending pre-conference workshops, \$20 per day for up to 6 hours (a little more \$3 per CEU). Each person is responsible for paying for the CEUs desired.

There will be a CEU table set up and staffed by a representative from New Mexico Highlands University. You will make payments directly to NMHU in the form of checks, money orders, or cash. At that time you will obtain your CEU certificates.

For those who do not need the official CEU verification, the conference will have Certificates of Participation available.

Whether attendees elect to pay for verified CEUs or simply receive a Certificate of Attendance, everyone will have to validate with her/his respective licensing board if required. The CEUs are authorized by a state university in New Mexico and are valid for all social workers, marriage and family therapists, professional counselors, art therapists, and substance abuse counselors in New Mexico. It is up each attendee to navigate acceptance of these CEUs with the respective licensing board. We recommend that you keep a copy of the Conference Program which lists presenters' degrees, licensures (when noted), and professional credentials which are typically helpful in validating CEU events.